COMIC BOOK ARMS

WORKOUTS

Comic Book Arms

OVERVIEW | **COMMENTS**



Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks



Timer



CIRCUIT

Warm up



F Straight Bar Extension

F Cable Curls





Barbell Bench

1 rep





EZ Bar Preacher Curls 4

10-10-10-10 reps





French Curl 4

15-12-10-8 reps





21's 3

21-21-21 reps





Tate Press 4

12-12-12-12 reps






Hammer Curls 4

12-12-12-12 reps



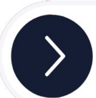


CIRCUIT

Finisher 2

F Rope Extension

F Rope Hammer Curl

Swipe to complete